David Laid Height In Feet Revealed: Fitness Journey, Age, and Inspiring Transformation

David Laid, a name synonymous with aesthetic bodybuilding and viral fitness content, has become an inspiration to millions around the globe. Towering at **6 feet 2 inches** tall, his impressive height perfectly complements the lean and muscular physique he's worked tirelessly to build.

Born in 1998 in Estonia, David is **27 years old** as of 2025. His journey into fitness is one of the most relatable and motivating stories in the industry. As a young teenager, David struggled with being extremely skinny and insecure about his appearance. He was diagnosed with scoliosis during his early teens, which further impacted his self-esteem. Determined not to let these challenges define him, he turned to weightlifting as a way to transform both his body and his confidence.

David began documenting his progress on YouTube, where his transformation videos quickly went viral. Viewers were captivated not just by his physical changes, but by his authenticity and the raw honesty with which he shared his struggles and triumphs. Over time, David amassed millions of followers across social media platforms, becoming one of the most recognizable influencers in the fitness community.

His physique is often described as "aesthetic"—a balance of size, symmetry, and definition that many in the fitness world strive to achieve. Beyond his appearance, though, David's message focuses heavily on

consistency, discipline, and mental health. He emphasizes that true transformation is as much about building a strong mindset as it is about lifting weights.

Today, David Laid collaborates with major fitness brands, shares training programs, and continues to motivate countless individuals to pursue their fitness goals. His story stands as a powerful reminder that with hard work, knowledge, and perseverance, anyone can redefine themselves, no matter where they start.